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# MONKFISH & OLIVES SKEWERS à la Plancha

SERVINGS : 8

PREP TIME : 20 minutes

MARINATE : 30 minutes

COOK TIME : 6 to 12 minutes

## INGREDIENTS

800 g skinned monkfish tail ready to cook

32 stuffed green olives (pepper or tuna)

3 lemons

6 Tbsp. olive oil

## INSTRUCTIONS

1. Cut the monkfish tail (you can use 2 x 400g monkfish tails) into bite-size pieces: you need 48 (there are three bite-size pieces for 16 skewers, i.e., 2 skewers per person). Rinse and pat dry. Put them in a bowl.
2. Wash and dry the lemons. Finely grate the zest of 2 lemons and squeeze the juice from the third. Mix the lemon juice, grated rind and 4 tablespoons of olive oil in a bowl. Pour the mixture over the monkfish bites. Cover and marinate at room temperature for 30 minutes.
3. Thread three bites of monkfish and 2 olives onto each skewer.
4. Place the skewers on the plancha over fairly high heat for 8 minutes, turning them regularly.

### TIPS

You can replace the monkfish tail with tuna or swordfish and add large capers, rinsed and well drained, to the skewers. If you are afraid that the olives are too salty, rinse them in cold water before use.